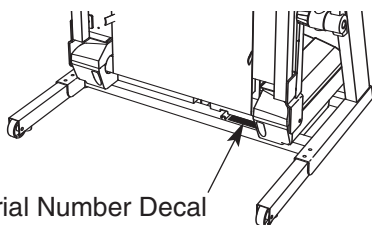


# GOLD'S GYM® MAXX CROSSWALK 650

Model No. CWTL05607.1

Serial No. \_\_\_\_\_

Write the serial number in the space above for future reference.



Serial Number Decal

## USER'S MANUAL

### QUESTIONS?

As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or if parts are missing, **PLEASE DO NOT CONTACT THE STORE;** please contact Customer Care.

**IMPORTANT:** You must note the product model number and serial number (see the drawing above) before contacting us:

CALL TOLL-FREE:

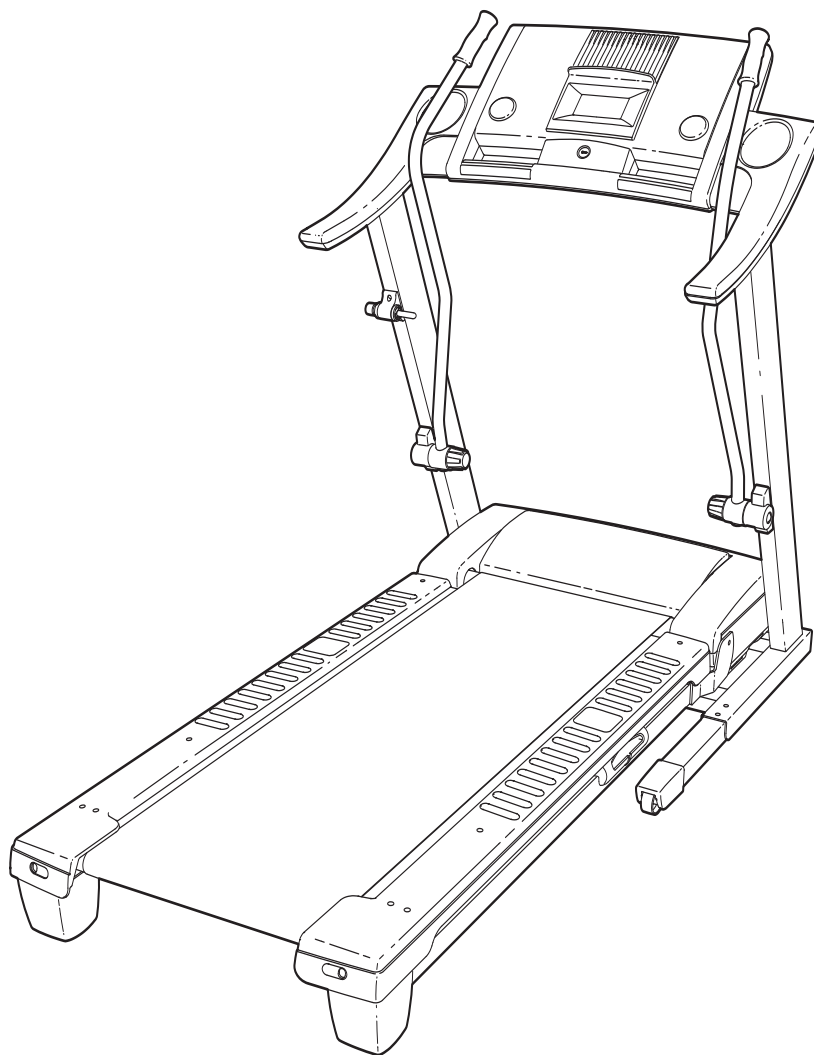
**1-877-776-4777**

Mon.–Fri. 6 a.m.–6 p.m. MST

Sat. 8 a.m.–4 p.m. MST

ON THE WEB:

[www.goldsgympowerflex.com](http://www.goldsgympowerflex.com)



### CAUTION

Read all precautions and instructions in this manual before using this equipment. Save this manual for future reference.

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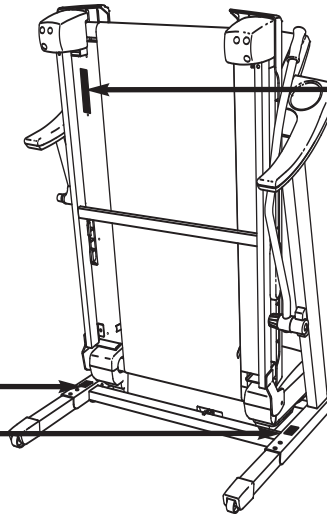
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ORDERING REPLACEMENT PARTS .....Back Cover




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## WARNING DECAL PLACEMENT

The decals shown here have been applied in the locations shown. **If a decal is missing or illegible, call the telephone number on the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.**  
 Note: The decals may not be shown at actual size.



**▲WARNING:**  
 Protect yourself and others from risk of serious injury. Read the user's manual and :

-  •Stand only on the side rails when starting or stopping treadmill.
- Change speed in small increments.
- Hold handrails to prevent falling, and always wear the safety clip while operating treadmill.
- Stop if you feel faint, dizzy, or short of breath.
- Fully engage storage latch before treadmill is moved or stored.
- Reduce incline to its lowest level before folding treadmill into storage position.
-  •Never allow children on or around treadmill.
- Remove key when not in use.
-  •Keep clothing, fingers, and hair away from moving belt.
- Never try to adjust or fix the belt while it is moving.
- Always wear athletic shoes while operating treadmill.

# IMPORTANT PRECAUTIONS

**⚠ WARNING:** To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your treadmill before using your treadmill. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

1. Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.
2. It is the responsibility of the owner to ensure that all users of this treadmill are adequately informed of all warnings and precautions.
3. Use the treadmill only as described.
4. Place the treadmill on a level surface, with at least 8 ft. (2.4 m) of clearance behind it and 2 ft. (0.6 m) on each side. Do not place the treadmill on any surface that blocks air openings. To protect the floor or carpet from damage, place a mat under the treadmill.
5. Keep the treadmill indoors, away from moisture and dust. Do not put the treadmill in a garage or covered patio, or near water.
6. Do not operate the treadmill where aerosol products are used or where oxygen is being administered.
7. Keep children under the age of 12 and pets away from the treadmill at all times.
8. The treadmill should be used only by persons weighing 350 lbs. (159 kg) or less.
9. Never allow more than one person on the treadmill at a time.
10. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. *Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.*
11. When connecting the power cord (see page 11), plug the power cord into a surge suppressor (not included) and plug the surge suppressor into a grounded circuit capable of carrying 15 or more amps. No other appliance should be on the same circuit. Do not use an extension cord.
12. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. To purchase a surge suppressor, see your local GOLD'S GYM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.
13. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate, or stop unexpectedly, which may result in a fall and serious injury.
14. Keep the power cord and the surge suppressor away from heated surfaces.
15. Never move the walking belt while the power is turned off. Do not operate the treadmill if the power cord or plug is damaged, or if the treadmill is not working properly. (See TROUBLESHOOTING on page 25 if the treadmill is not working properly.)
16. Read, understand, and test the emergency stop procedure before using the treadmill (see HOW TO TURN ON THE POWER on page 13).
17. Never start the treadmill while you are standing on the walking belt. Always hold the handrails while using the treadmill.
18. The treadmill is capable of high speeds. Adjust the speed in small increments to avoid sudden jumps in speed.
19. The pulse sensor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

20. Never leave the treadmill unattended while it is running. Always remove the key, unplug the power cord, and switch the reset/off circuit breaker to the off position when the treadmill is not in use. (See the drawing on page 5 for the location of the circuit breaker.)
21. Do not attempt to raise, lower, or move the treadmill until it is properly assembled. (See ASSEMBLY on page 6, and HOW TO FOLD AND MOVE THE TREADMILL on page 23.) You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.
22. When folding or moving the treadmill, make sure that the frame is held securely in the storage position.
23. Inspect and properly tighten all parts of the treadmill regularly.
24. Never insert any object into any opening on the treadmill.
25. **DANGER:** Always unplug the power cord immediately after use, before cleaning the treadmill, and before performing the maintenance and adjustment procedures described in this manual. Never remove the motor hood unless instructed to do so by an authorized service representative. Servicing other than the procedures in this manual should be performed by an authorized service representative only.
26. This treadmill is intended for in-home use only. Do not use this treadmill in a commercial, rental, or institutional setting.

**SAVE THESE INSTRUCTIONS**

# BEFORE YOU BEGIN

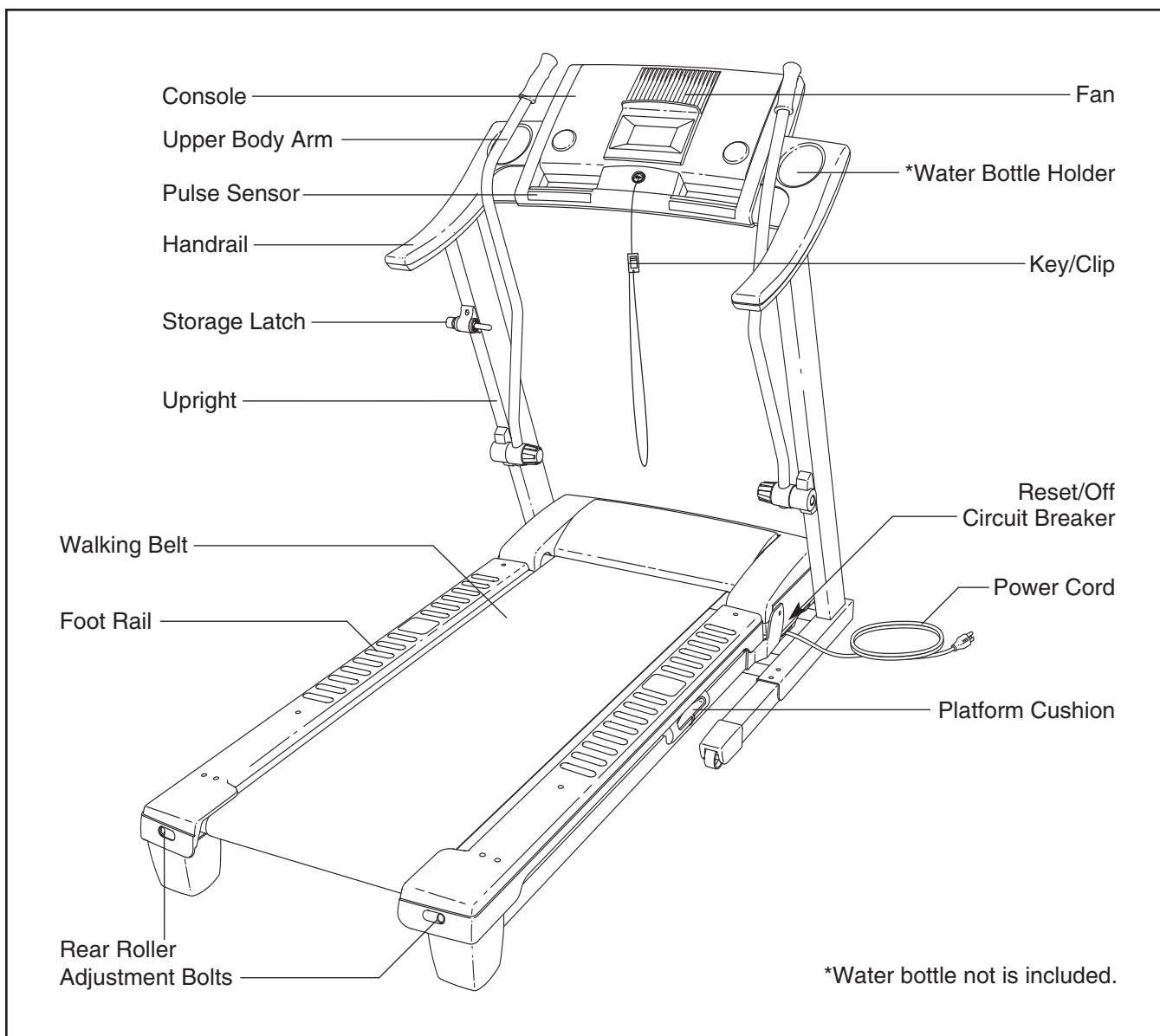
Thank you for selecting the revolutionary GOLD'S GYM® MAXX CROSSWALK 650 treadmill. The MAXX CROSSWALK 650 treadmill offers an impressive array of features designed to make your workouts at home more enjoyable and effective. And when you're not exercising, the unique MAXX CROSSWALK 650 treadmill can be folded up, requiring less than half the floor space of other treadmills.

**For your benefit, read this manual carefully before using the treadmill.** If you have questions after reading this manual, please see the front cover of this man-

ual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.


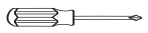
**To avoid a registration fee for any service needed under warranty, you must register the treadmill at [www.iconservice.com/registration](http://www.iconservice.com/registration).**

Before reading further, please review the drawing below and familiarize yourself with the labeled parts.

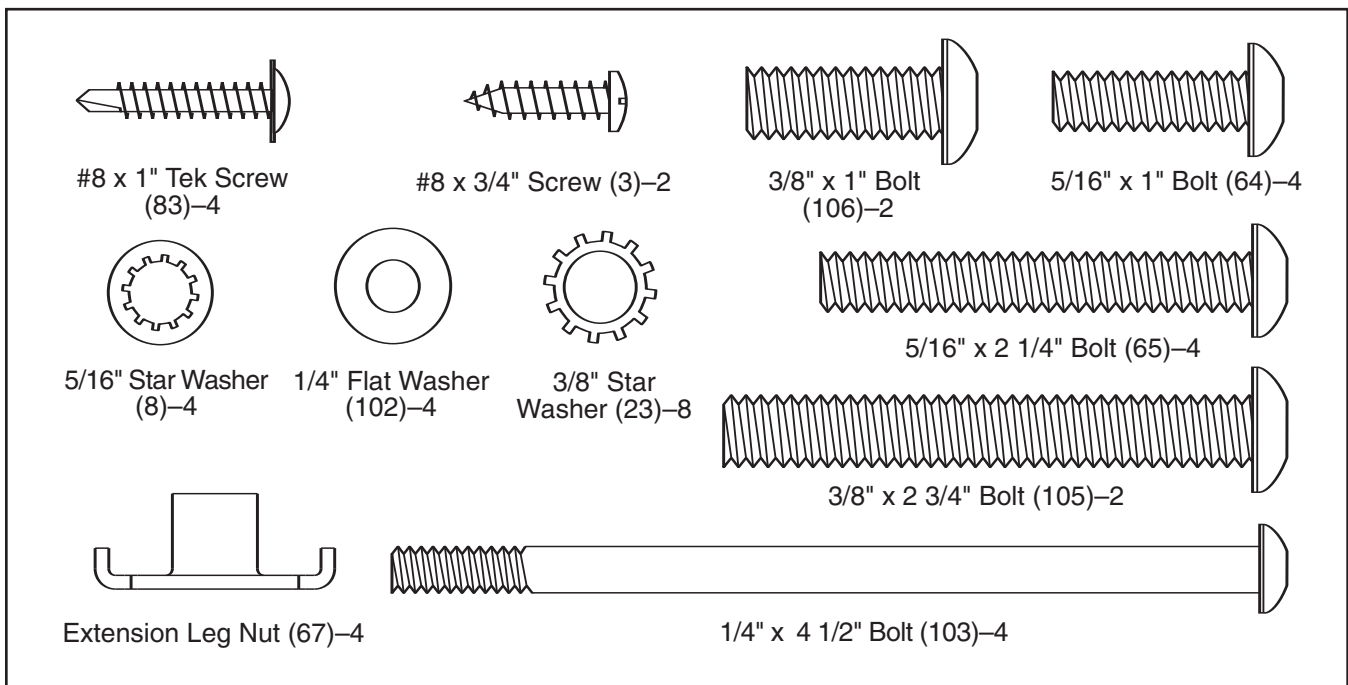


# ASSEMBLY

To hire an authorized service technician to assemble the elliptical exerciser, call 1-800-445-2480.

**Assembly requires two persons.** Set the treadmill in a cleared area and remove all packing materials. **Do not dispose of the packing materials until assembly is completed.** Note: The underside of the treadmill walking belt is coated with high-performance lubricant. During shipping, lubricant may be transferred to the top of the walking belt or the shipping carton. This is a normal condition and does not affect treadmill performance. If there is lubricant on top of the walking belt, simply wipe off the lubricant with a soft cloth and a mild, non-abrasive cleaner. **Assembly requires the included hex key  and your own Phillips screwdriver .**

Use the drawings below to identify the assembly hardware. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number after the parentheses is the quantity needed for assembly. **Note: If a part is not in the parts bag, check to see if it is preattached to one of the parts to be assembled. Extra hardware may be included. To avoid damaging plastic parts, do not use power tools for assembly.**

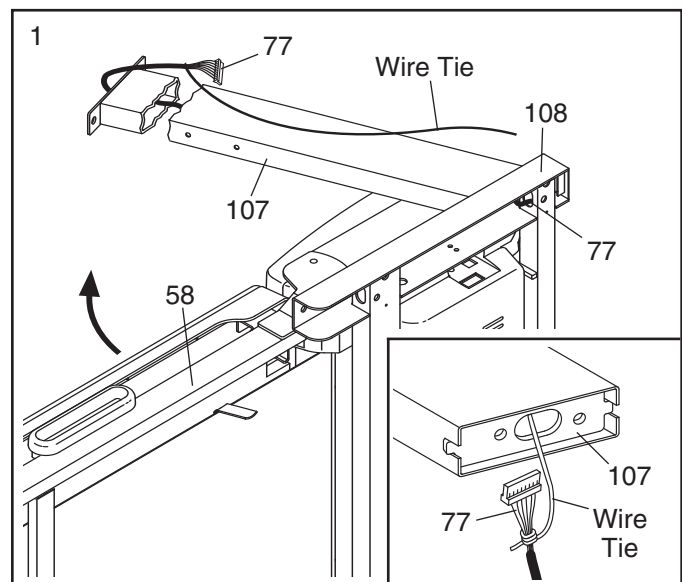


## 1. Make sure that the power cord is unplugged.

With the help of a second person, carefully tip the treadmill onto its left side. Partially fold the Frame (58) so that the treadmill is more stable; **do not fully fold the Frame yet.**

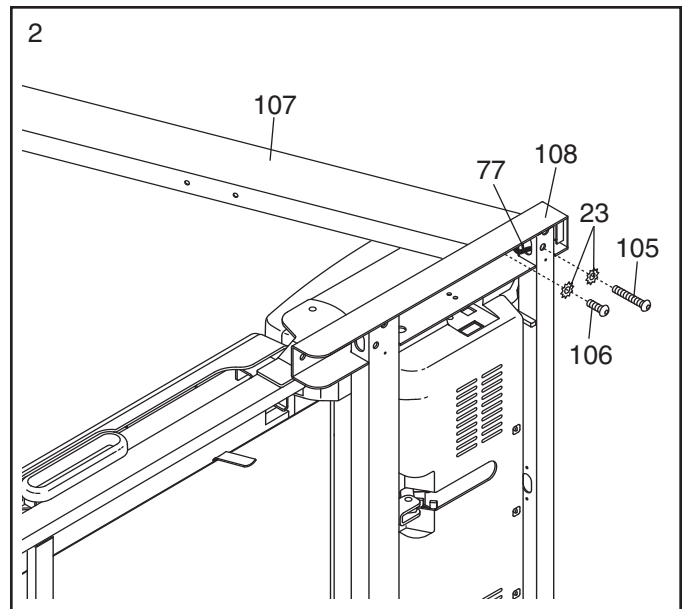
Identify the Right Upright (107), and hold it near the Base (108) at the angle shown.

**See the inset drawing.** Tie the wire tie in the Right Upright (107) securely around the end of the Upright Wire (77). Then, pull the other end of the wire tie until the Upright Wire is routed completely through the Right Upright. **Make sure that the Upright Wire does not fall into the Right Upright.**



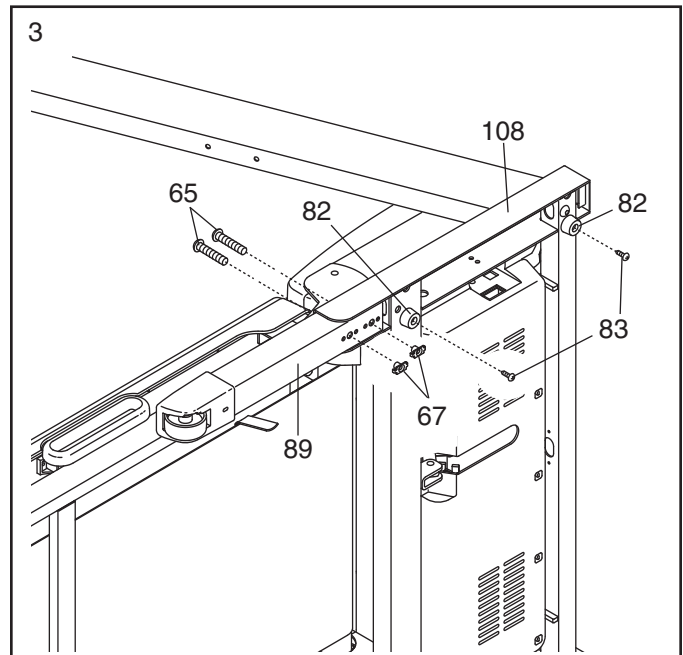
2. Hold the Right Upright (107) against the Base (108). **Be careful not to pinch the Upright Wire (77).**

Attach the Right Upright (107) to the Base (108) with a 3/8" x 1" Bolt (106), a 3/8" x 2 3/4" Bolt (105), and two 3/8" Star Washers (23). **Do not tighten the Bolts yet.**



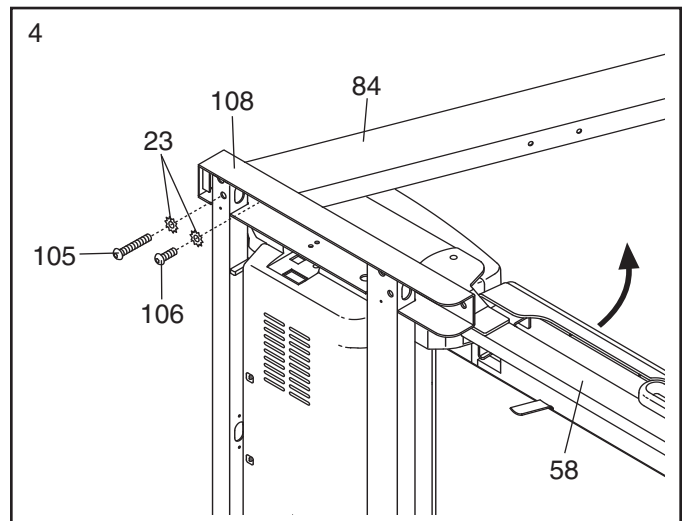
3. Attach two Base Pads (82) to the Base (108) with two #8 x 1" Tek Screws (83) as shown.

Insert an Extension Leg (89) into the Base (108) as shown. Hold two Extension Leg Nuts (67) in the bottom of the Extension Leg. Next, insert two 5/16" x 2 1/4" Bolts (65) into the top of the Extension Leg, and firmly tighten the Bolts into the Extension Leg Nuts.



4. With the help of a second person, carefully tip the treadmill onto its other side. Partially fold the Frame (58) so that the treadmill is more stable. **Do not fully fold the Frame yet.**

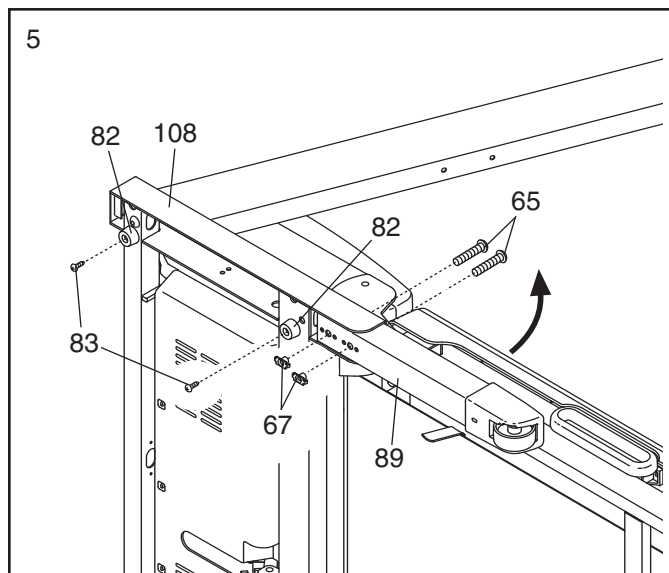
Attach the Left Upright (84) to the Base (108) with a 3/8" x 1" Bolt (106), a 3/8" x 2 3/4" Bolt (105), and two 3/8" Star Washers (23). **Do not tighten the Bolts yet.**





- Attach two Base Pads (82) to the Base (108) with two #8 x 1" Tek Screws (83) as shown.

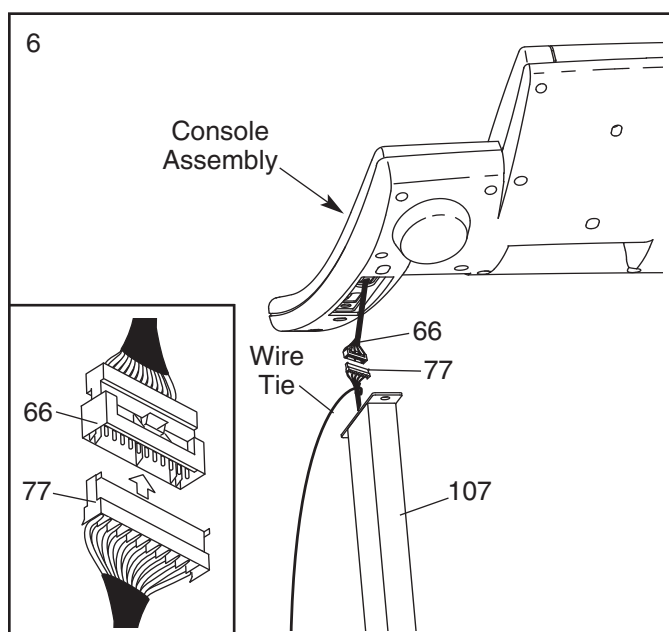
Insert the other Extension Leg (89) into the Base (108) as shown. Hold two Extension Leg Nuts (67) in the bottom of the Extension Leg. Next, insert two 5/16" x 2 1/4" Bolts (65) into the top of the Extension Leg, and firmly tighten the Bolts into the Extension Leg Nuts.



- With the help of a second person, carefully raise the Right Upright (107) and the Left Upright (not shown) to a vertical position.

Have the second person hold the console assembly near the Right Upright (107) as shown. Look under the console assembly and locate the Console Wire (66).

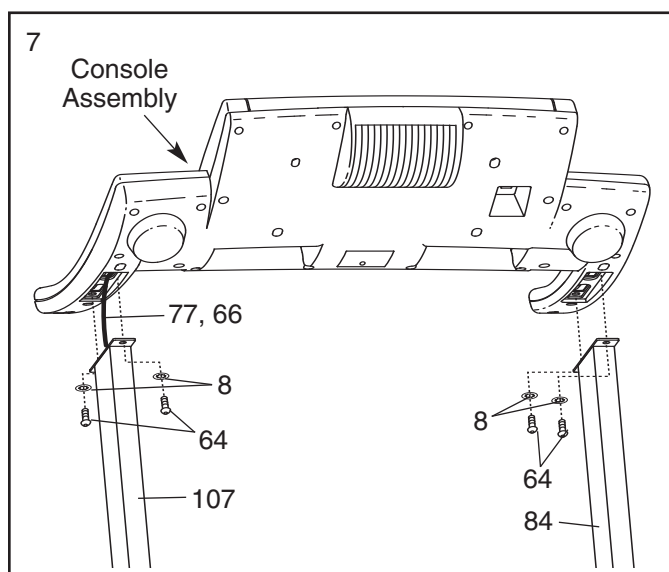
Connect the Upright Wire (77) to the Console Wire (66). **See the inset drawing. The connectors should slide together easily and snap into place.** If they do not, turn one connector and try again. **IF THE CONNECTORS ARE NOT CONNECTED PROPERLY, THE CONSOLE MAY BE DAMAGED WHEN THE POWER IS TURNED ON.** Remove the wire tie from the Upright Wire.



- Insert the Upright Wire (77) and the Console Wire (66) into the Right Upright (107).

Set the console assembly on the Uprights (84, 107). **Be careful not to pinch the wires.** While a second person holds the console assembly, attach it with four 5/16" x 1" Bolts (64) and four 5/16" Star Washers (8); **start all four Bolts and then firmly tighten them.**

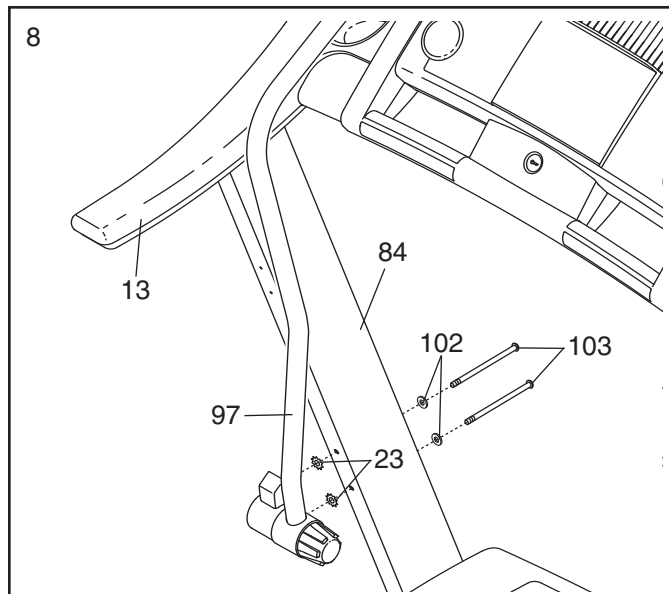
Plug in the power cord as described on page 11, and turn on the power as described on page 13. (Note: The treadmill may automatically rise to the maximum incline level and then return to the minimum level.) Adjust the incline to the lowest incline level as described in step 4 on page 14.





8. Attach the Left Upper Body Arm (97) to the Left Upright (84) with two 1/4" x 4 1/2" Bolts (103), two 1/4" Flat Washers (102), and two 3/8" Star Washers (23) as shown. **Make sure that the Left Upper Body Arm is on the indicated side of the Left Handrail (13).**

**Attach the Right Upper Body Arm (not shown) to the Right Upright (not shown) in the same way.**

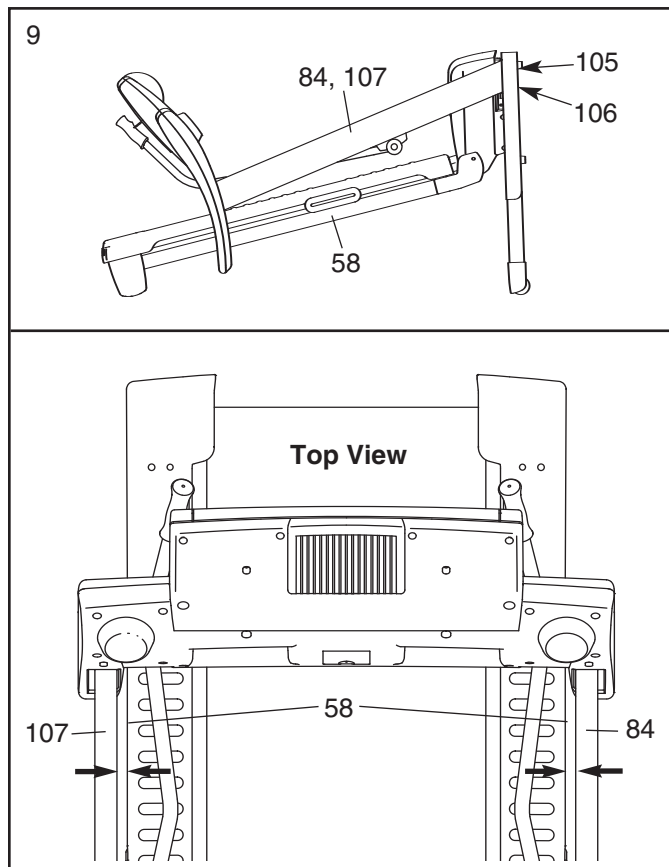


9. With the help of a second person, carefully lower the Left and Right Uprights (84, 107) to the position shown.

See the lower drawing. Position the Uprights (84, 107) so that the treadmill Frame (58) is centered between the Uprights.

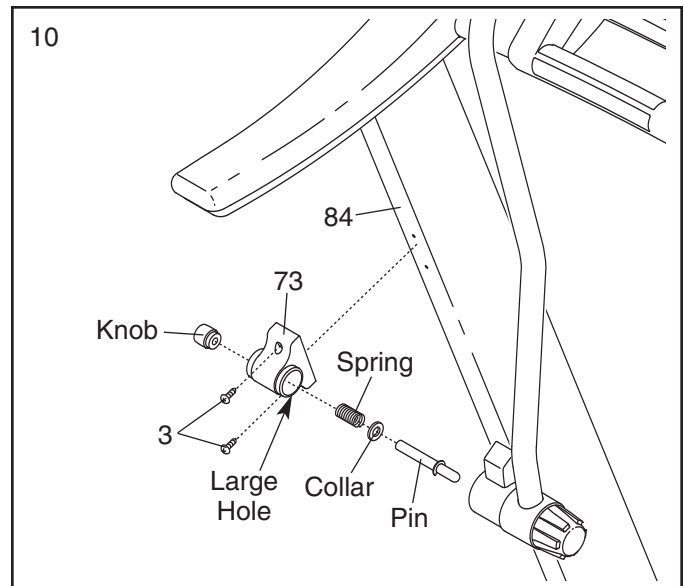
Firmly tighten the two 3/8" x 1" Bolts (106) and the two 3/8" x 2 3/4" Bolts (105). **Be careful not to overtighten the Bolts.**

With the help of a second person, carefully raise the Uprights (84, 107).



10. Attach the Latch Housing (73) to the Left Upright (84) with two #8 x 3/4" Screws (3); **start both Screws and then tighten them. Note: Make sure that the large hole in the Latch Housing is on the indicated side.**

Remove the knob from the pin. Make sure that the collar and the spring are on the pin. (Note: If there are two collars, place one on each side of the spring.) Next, insert the pin into the Latch Housing (73). Then, tighten the knob onto the pin.



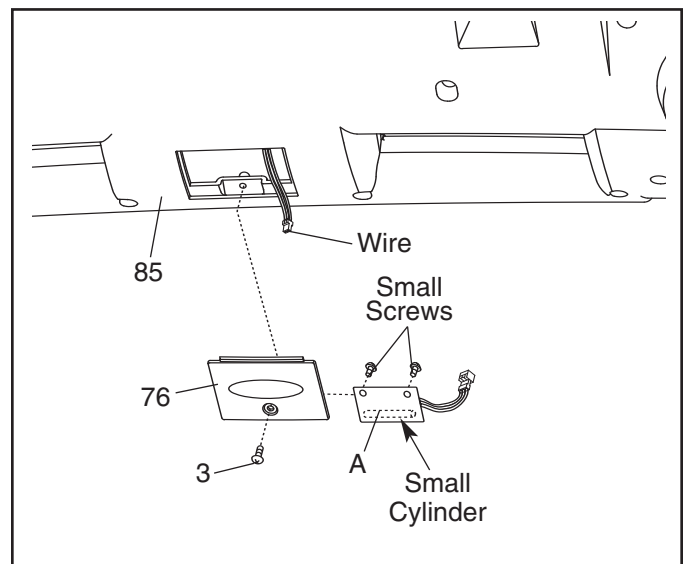
11. **Make sure that all parts are properly tightened before you use the treadmill.** If there are sheets of clear plastic on the treadmill decals, remove the plastic. To protect the floor or carpet, place a mat under the treadmill. Note: Extra hardware may be included. Keep the included hex key in a secure place; the hex key is used to adjust the walking belt (see pages 26 and 27).

**If you purchase the optional chest pulse sensor (see page 21), follow the steps below to install the receiver included with the chest pulse sensor.**

1. **Remove the key from the console and unplug the power cord.**

Remove the indicated #8 x 3/4" Screw (3) and the Access Door (76) from the back of the Console Base (85).

2. Connect the wire on the receiver (A) to the indicated wire extending from the Console Base (85). **Hold the receiver so that the small cylinder is oriented as shown and is facing the Console Base.** Attach the receiver to the plastic posts on the Access Door (76) with the two included small screws.
3. **Make sure that no wires are pinched.** Reattach the Access Door (76) with the #8 x 3/4" Screw (3). Discard the other wires included with the receiver.



# OPERATION AND ADJUSTMENT

## THE PRE-LUBRICATED WALKING BELT

Your treadmill features a walking belt coated with high-performance lubricant. **IMPORTANT: Never apply silicone spray or other substances to the walking belt or the walking platform. Such substances will deteriorate the walking belt and cause excessive wear.**

## HOW TO PLUG IN THE POWER CORD

**⚠ DANGER:** Improper connection of the equipment-grounding conductor can result in an increased risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product—if it will not fit the outlet, have a proper outlet installed by a qualified electrician.

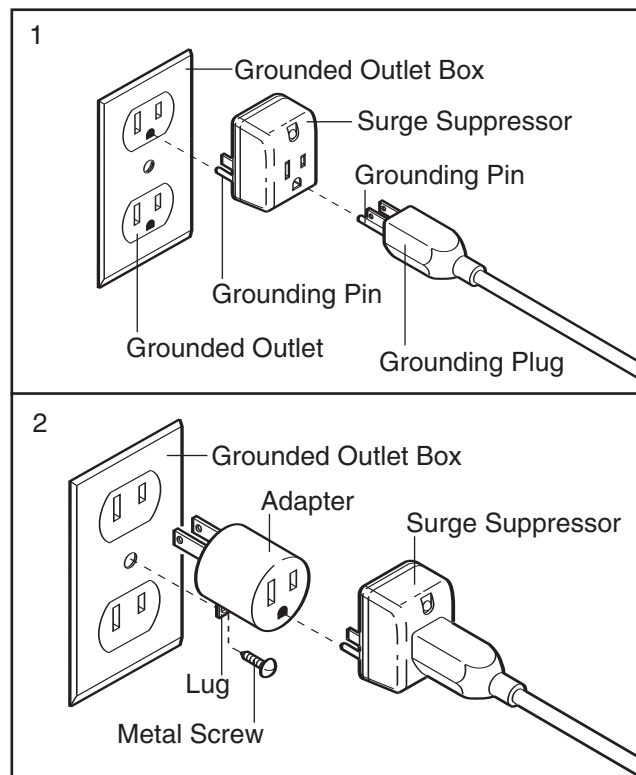
Your treadmill, like any other type of sophisticated electronic equipment, can be seriously damaged by sudden voltage changes in your home's power. Voltage surges, spikes, and noise interference can result from weather conditions or from other appliances being turned on or off. **To decrease the possibility of the treadmill being damaged, always use a surge suppressor with the treadmill (see drawing 1 at the right).** To purchase a surge suppressor, see your local GOLD'S GYM dealer or call the telephone number on the front cover of this manual and order part number 146148, or see your local electronics store.

Use only a single-outlet surge suppressor that is UL 1449 listed as a transient voltage surge suppressor (TVSS). The surge suppressor must have a UL suppressed voltage rating of 400 volts or less and a minimum surge dissipation of 450 joules. The surge suppressor must be electrically rated for 120 volts AC and 15 amps. There must be a monitoring light on the surge suppressor to indicate whether it is functioning properly. Failure to use a properly functioning surge suppressor could result in damage to the control system of the treadmill. If the control system is damaged, the walking belt may change speed, accelerate or stop unexpectedly, which may result in a fall and serious injury.

**This product must be grounded.** If it should malfunction or break down, grounding provides a path of least resistance for electric current to reduce the risk of elec-

tric shock. This product is equipped with a cord having an equipment-grounding conductor and a grounding plug. **Plug the power cord into a surge suppressor, and plug the surge suppressor into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Important: The treadmill is not compatible with GFCI-equipped outlets.**

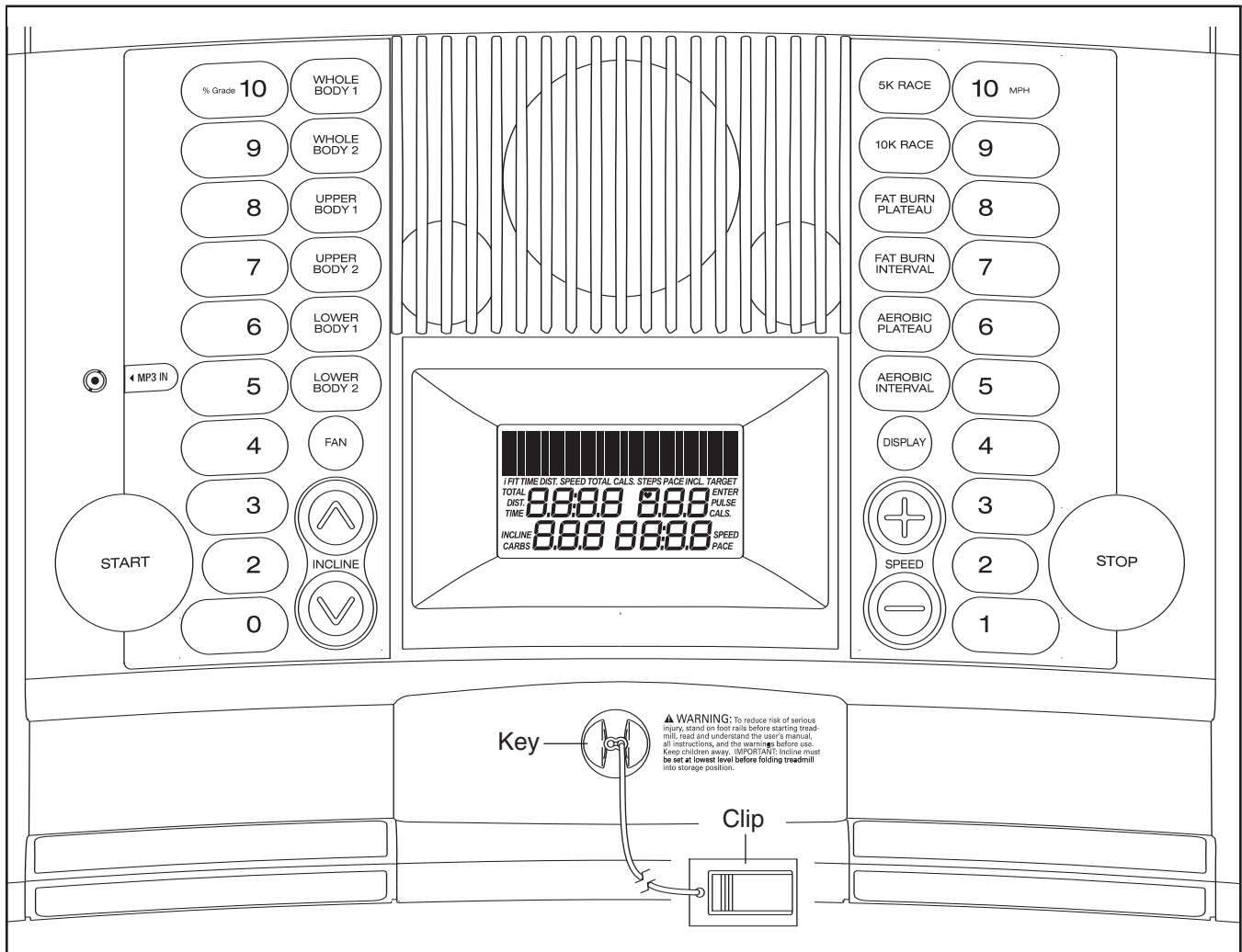
This product is for use on a nominal 120-volt circuit, and has a grounding plug that looks like the plug illustrated in drawing 1 below. A temporary adapter that looks like the adapter illustrated in drawing 2 may be used to connect the surge suppressor to a 2-pole receptacle as shown in drawing 2 if a properly grounded outlet is not available.



The temporary adapter should be used only until a properly grounded outlet (drawing 1) can be installed by a qualified electrician.

The green-colored rigid ear, lug, or the like extending from the adapter must be connected to a permanent ground such as a properly grounded outlet box cover. Whenever the adapter is used it must be held in place by a metal screw. **Some 2-pole receptacle outlet box covers are not grounded. Contact a qualified electrician to determine if the outlet box cover is grounded before using an adapter.**

## CONSOLE DIAGRAM



### FEATURES OF THE CONSOLE

The treadmill console offers an impressive array of features designed to make your workouts more effective and enjoyable.

When you select the manual mode of the console, you can change the speed and incline of the treadmill with the touch of a button. As you exercise, the console will display continuous exercise feedback. You can even measure your heart rate using the built-in handgrip pulse sensor or the optional chest pulse sensor (see page 21).

The console also features six interactive cross trainer workouts designed to help you to burn calories and enhance your cardiovascular system while toning and strengthening your muscles. These workouts feature the voice of a personal trainer to guide you through your workouts. The cross trainer workouts automatically control the speed and incline of the treadmill and prompt you to perform a variety of strength exercises

during your workout. There are two whole body, two upper body, and two lower body cross trainer workouts to choose among. Note: The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the telephone number on the front cover of this manual.**

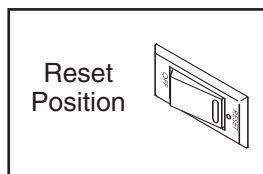
In addition, a distance workout counts down the distance as you complete a 5-kilometer or 10-kilometer run. The console also features four preset workouts. Each workout automatically controls the speed and incline of the treadmill as it guides you through an effective workout.

**To turn on the power**, follow the steps beginning on page 13. **To use the manual mode of the console**, see page 13. **To use a cross trainer workout**, see page 16. **To use a distance workout**, see page 18. **To use a preset workout**, see page 19. **To use the information mode**, see page 20.

## HOW TO TURN ON THE POWER

**IMPORTANT:** If the treadmill has been exposed to cold temperatures, allow it to warm to room temperature before turning on the power. If you do not do this, the console displays or other electrical components may become damaged.

Plug in the power cord (see page 11). Next, locate the reset/off circuit breaker on the treadmill frame near the power cord. Make sure that the circuit breaker is in the “reset” position.



**IMPORTANT:** The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the display lights as soon as you plug in the power cord and switch the circuit breaker to the reset position, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the display remains lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

Next, stand on the foot rails of the treadmill. Locate the clip attached to the key (see the drawing on page 12), and slide the clip securely onto the waistband of your clothes. Then, insert the key into the console. After a moment, the display will light. **IMPORTANT:** In an emergency situation, the key can be pulled from the console, causing the walking belt to slow to a stop. Test the clip by carefully taking a few steps backward; if the key is not pulled from the console, adjust the position of the clip.

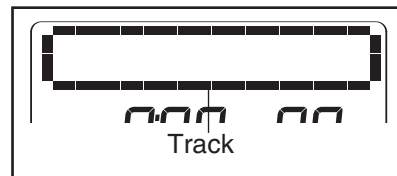
## HOW TO USE THE MANUAL MODE

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER at the left.

### 2. Select the manual mode.

When you insert the key, the manual mode will be selected. If you have selected a work-

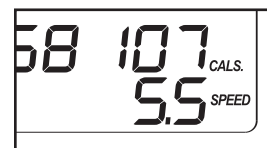


out, reselect the manual mode by pressing any of the cross trainer buttons once or twice until a track appears in the display.

### 3. Start the walking belt.

To start the walking belt, press the Start button, the Speed increase button, or one of the speed buttons numbered 1 to 10.

If you press the Start button or the Speed increase button, the walking belt will begin to move at 1 mph. As you exercise, change the speed of the walking belt as desired by pressing the Speed increase and decrease buttons next to the Start button. Each time you press a button, the speed setting will change by 0.1 mph; if you hold down a button, the speed setting will change in increments of 0.5 mph. If you press one of the numbered 1 Step Speed buttons, the walking belt will gradually increase in speed until it reaches the selected speed setting.



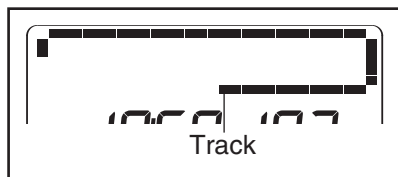
To stop the walking belt, press the Stop button. The time will begin to flash in the display. To restart the walking belt, press the Start button, the Speed increase button, or one of the numbered speed buttons.

#### 4. Change the incline of the treadmill as desired.

To change the incline of the treadmill, press the Incline increase and decrease buttons or one of the incline buttons numbered 0 to 10. Each time you press the Incline increase or decrease button, the incline will change by 0.5%. If you press one of the numbered incline buttons, the treadmill will adjust to the selected incline setting. Note: After you press the buttons, it may take a moment for the treadmill to reach the selected incline setting.

#### 5. Follow your progress with the display.

When the manual mode is selected, the display will show a track that represents 1/4 mile (400 meters). As you walk or run, indicators will appear in succession around the track until the entire track appears. The track will then disappear and the indicators will again begin to appear in succession.



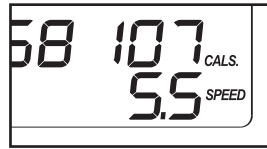
The upper part of the display can also show the elapsed time, the distance that you have walked or run, the speed of the walking belt, the approximate number of calories you have burned while walking or running, your pace in minutes per mile, or the incline level of the treadmill. If desired, press the Display button repeatedly until the upper part of the display shows the information you are most interested in viewing. Note: While information is shown in the upper part of the display, the same information will not be shown in the lower parts of the display.

The left side of the display will show the elapsed time, the distance that you have walked or run, and the incline level of the treadmill.



Note: When a workout is selected (except for the distance workouts), the display will show the time remaining in the workout instead of the elapsed time.

The right side of the display will show the approximate number of calories you have burned while walking or running, the speed of the walking belt, and your pace in minutes per mile. The right side of the display will also show your heart rate when you use the handgrip pulse sensor or the optional chest pulse sensor.

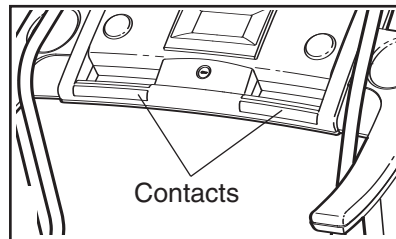


To reset the display, press the Stop button, remove the key, and then reinsert the key.

#### 6. Measure your heart rate if desired.

**Note: If you use the handgrip pulse sensor and the optional chest pulse sensor at the same time, the console will not display your heart rate accurately.** See page 21 for information on the optional chest pulse sensor.

Before using the handgrip pulse sensor, remove the sheets of clear plastic from the metal contacts. In addition, make sure that your hands are clean.



To measure your heart rate, **stand on the foot rails** and hold the metal contacts on the handrail—**avoid moving your hands**. When your pulse is detected, one or two dashes will appear in the right side of the display and then your heart rate will be shown. **For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds.**

#### 7. Turn on the fan if desired.

The fan features low and high speed settings. Press the Fan button repeatedly to select a fan speed or to turn off the fan. Note: If the fan is on when the walking belt is stopped, the fan will turn off automatically after a few minutes.

#### 8. When you are finished exercising, remove the key from the console.

Step onto the foot rails, press the Stop button, and **adjust the incline of the treadmill to the lowest setting. The incline must be at the lowest setting when you fold the treadmill to the storage position, or you may damage the treadmill.** Next, remove the key from the console and put it in a secure place.

When you are finished using the treadmill, switch the reset/off circuit breaker to the “off” position and unplug the power cord. **IMPORTANT: If you do not do this, the treadmill’s electrical components may wear prematurely**



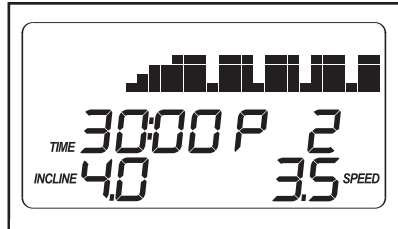
## HOW TO USE A CROSS TRAINER WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

### 2. Select one of the six cross trainer workouts.

To select a cross trainer workout, press one of the Whole Body, Upper Body, or Lower Body buttons; “P



1,” “P 2,” “P 3,” “P 4,” “P 5,” or “P 6” will appear in the display. When a cross trainer workout is selected, the workout time will appear in the display, the maximum incline setting of the workout and the maximum speed setting of the workout will flash in the display for a few seconds, and a profile of the speed settings of the workout will scroll across the display.

Note: During the workout, a personal trainer will guide you through the workout. You can adjust the volume or select an audio setting for your personal trainer (see THE INFORMATION MODE on page 20).

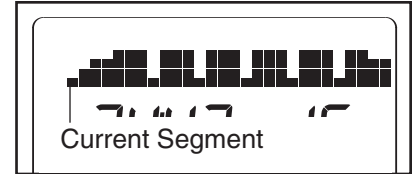
### 3. Press the Start button to start the workout.

A moment after you press the Start button, the treadmill will automatically adjust to the first speed and incline settings of the workout. Hold the handrails and begin walking.

Each workout is divided into 30 or 45 one-minute segments. One speed setting and one incline setting are programmed for most segments. (Note:

The same speed setting and/or incline setting may be programmed for consecutive segments.) During other segments, the console will prompt you to perform strength exercises.

During the workout, the profile will show your progress. The flashing segment of the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and/or incline setting is programmed for the next segment, the new speed and/or incline settings will flash in the display to alert you.



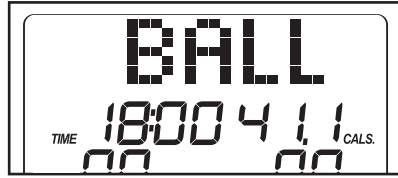
The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons; **however, when the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

**4. Perform the first strength exercise when prompted.**

When the first strength exercise segment begins (only one indicator will flash in



the Current Segment column), the walking belt will slow to a stop and the name of the first strength exercise will appear in the display for a few seconds.

Next, the personal trainer will tell you the recommended number of repetitions for the first strength exercise.

Remove the clip from the waistband of your clothes, step off the treadmill, and prepare to begin the first strength exercise. The personal trainer and the display will count the repetitions; perform one repetition of the exercise on each count. Exercise with a slow, steady motion; do not perform more than one repetition for each count.

Note: Refer to the accompanying exercise chart to see the correct form for each exercise. When performing lunges, alternate legs with each repetition. When performing dumbbell rows, perform half the repetitions with your right arm and half the repetitions with your left arm. The strength exercises require the use of dumbbells and an inflatable exercise ball (not included). **To purchase dumbbells or an exercise ball, call the telephone number on the front cover of this manual.**

**5. Continue the cross trainer workout.**

When you have performed the recommended number of repetitions, the words PRESS START will appear in the display. To continue the cross trainer workout, step onto the treadmill, **slide the clip back onto the waistband of your clothes**, and press the Start button. The treadmill will automatically adjust to the speed and incline settings for the next segment.

The workout will continue in this way until the last segment ends. The walking belt will then slow to a stop.

**6. Follow your progress with the display.**

See step 5 on pages 14 and 15.

**7. Measure your heart rate if desired.**

See step 6 on page 15.

**8. Turn on the fan if desired.**

See step 7 on page 15.

**9. When you are finished exercising, remove the key from the console.**

See step 8 on page 15.

## HOW TO USE A DISTANCE WORKOUT

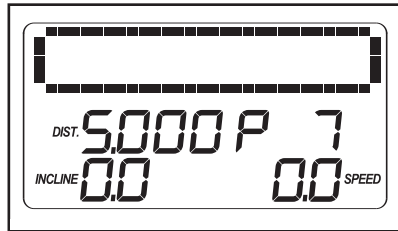
### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

### 2. Select a distance workout.

To select the 5K or the 10K workout, press the 5K Race button or the 10K Race button; "P 7" or "P 8" and a track

will appear in the display. A distance goal of 5 or 10 kilometers will also appear in the display.



### 3. Press the Start button to start the workout.

A moment after you press the Start button, the walking belt will begin to move at 3 mph. Hold the handrails and begin walking.

Near the end of the second minute of the workout, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 4 mph.

Near the end of the fourth minute of the workout, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 5 mph.

Near the end of the fifth minute of the workout, the speed setting will flash in the display and a series of tones will sound. The speed of the walking belt will then increase to 6.5 mph.

Note: To change the speed of the walking belt or the incline of the treadmill at any time during the workout, press the Speed or Incline buttons.

The upper left corner of the display will show the number of kilometers still to be run. When only 20 meters remain, the display will flash and a series of tones will sound.

To stop the workout at any time, press the Stop button. The time will begin to flash in the display. To restart the workout, press the Start button. The walking belt will begin to move at 1 mph. Adjust the speed of the walking belt as desired by pressing the Speed increase or decrease button or one of the ten numbered speed buttons.

When you have completed the workout, your total time will flash in the lower left corner of the display and the words "cool" and "down" (cool down) will flash in the upper left corner of the display. If the speed of the walking belt is greater than 5 mph, the walking belt will then slow to 5 mph for one minute. After one minute, the walking belt will slow to 4 mph for 2 minutes. The walking belt will then slow to 3 mph for 2 minutes. The walking belt will then slow to a stop.

### 4. Follow your progress with the display.

See step 5 on pages 14 and 15.

### 5. Measure your heart rate if desired.

See step 6 on page 15.

### 6. Turn on the fan if desired.

See step 7 on page 15.

### 7. When you are finished exercising, remove the key from the console.

See step 8 on page 15.

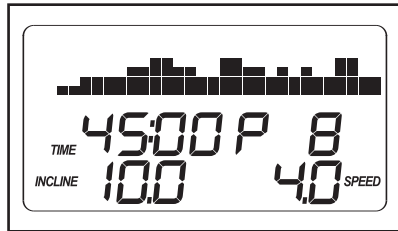
## HOW TO USE A PRESET WORKOUT

### 1. Insert the key into the console.

See HOW TO TURN ON THE POWER on page 13.

### 2. Select a preset workout.

To select a preset workout, press one of the Fat Burn or Aerobic buttons; "P 9," "P10," "P11," or "P12" will



appear in the display. When a preset workout is selected, the maximum speed setting of the workout and the maximum incline setting of the workout will flash in the display for a few seconds; in addition, the display will show the workout time. A profile of the speed settings of the workout will scroll across the display.

### 3. Press the Start button or the Speed increase button to start the workout.

A moment after you press the button, the treadmill will automatically adjust to the first speed and incline settings for the workout. Hold the handrails and begin walking.

Each workout is divided into several one-minute segments. One speed setting and one incline setting are programmed for each segment. Note: The same speed setting and/or incline setting may be programmed for consecutive segments.

During the workout, the profile will show your progress. The flashing segment of



the profile represents the current segment of the workout. The height of the flashing segment indicates the speed setting for the current segment. At the end of each segment, a series of tones will sound and the next segment of the profile will begin to flash. If a different speed and/or incline setting is programmed for the next segment, the new speed and/or incline settings will flash in the display to alert you.

The workout will continue in this way until the last segment of the profile flashes in the display and the last segment ends. The walking belt will then slow to a stop.

If the speed or incline setting is too high or too low at any time during the workout, you can manually override the setting by pressing the Speed or Incline buttons. **Note: When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.**

To stop the workout at any time, press the Stop button. To restart the workout, press the Start button or the Speed increase button. The walking belt will begin to move at 1 mph. When the next segment of the workout begins, the treadmill will automatically adjust to the speed and incline settings for the next segment.

### 4. Follow your progress with the display.

See step 5 on pages 14 and 15.

### 5. Measure your heart rate if desired.

See step 6 on page 15.

### 6. Turn on the fan if desired.

See step 7 on page 15.

### 7. When you are finished exercising, remove the key from the console.

See step 8 on page 15.

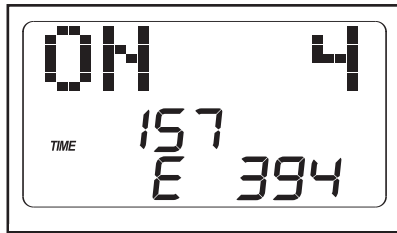
## THE INFORMATION MODE

The console features an information mode that keeps track of treadmill usage information. The information mode also allows you to select miles or kilometers as the unit of measurement, to select an audio trainer setting, to adjust the volume and to turn on and turn off the demo mode.

To select the information mode, hold down the Stop button, insert the key into the console, and then release the Stop button. When the information mode is selected, the following information will appear in the display:

The center of the display will show the total number of hours that the treadmill has been operated. The lower part of the display will show

total number of miles or kilometers that the walking belt has moved. In addition, an "E" for English miles or an "M" for metric kilometers will appear in the lower part of the display. To change the unit of measurement, press the Speed increase button.

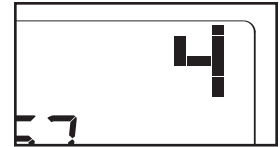


The upper left part of the display will show the personal trainer audio setting. If you select "ON" as the audio setting, the personal trainer will guide you

through your workouts and give detailed instructions. If you select the "OFF" setting, your personal trainer will simply guide you through your workouts. Press the Incline decrease button to change the audio setting if desired.



You can adjust the volume of the personal trainer audio (0 through 5) by pressing the Incline increase button repeatedly. The volume setting appears as the upper right digit in the display.



The console features a display demo mode, designed to be used if the treadmill is displayed in a store. While the demo mode is turned on, the console will function normally when you plug in the power cord, switch the reset/off circuit breaker to the reset position, and insert the key into the console. However, when you remove the key, the displays will remain lit, although the buttons will not function. If the demo mode is turned on, a "d" will appear in the lower right corner of the display while the information mode is selected. To turn on or turn off the demo mode, press the Speed decrease button.

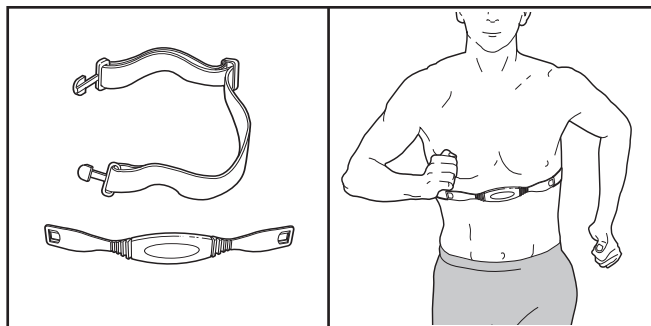


To exit the information mode, remove the key from the console.

## THE OPTIONAL CHEST PULSE SENSOR

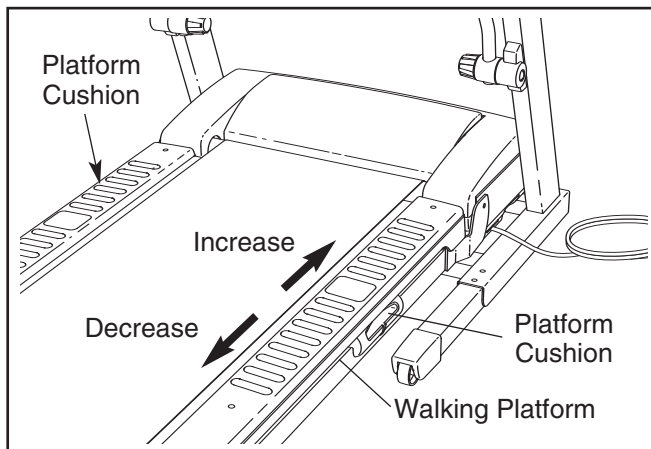
An optional chest pulse sensor offers hands-free operation as it tracks your heart rate during your workouts.

**To purchase the optional chest pulse sensor, call the telephone number on the front cover of this manual.**



## HOW TO ADJUST THE CUSHIONING SYSTEM

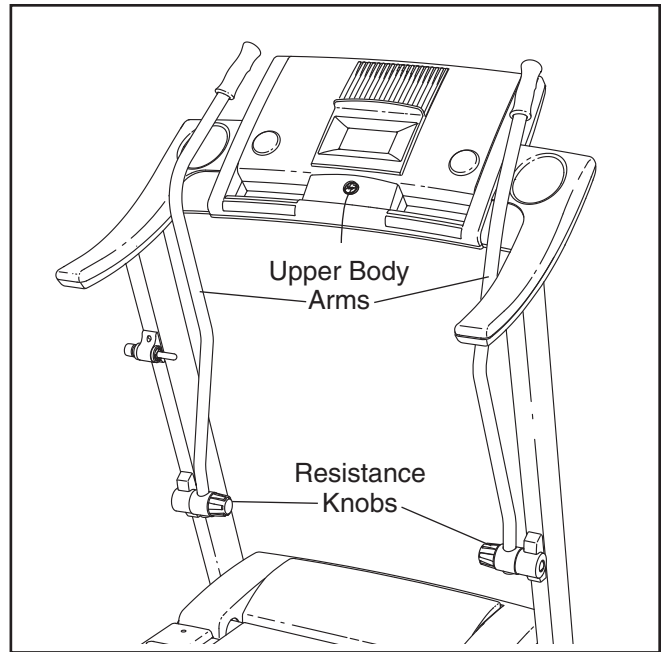
**Remove the key from the console and unplug the power cord.** The treadmill features a cushioning system that reduces the impact as you walk or run on the treadmill. To increase the firmness of the walking platform, step off the treadmill and slide the platform cushions toward the front of the treadmill. To decrease the firmness, step off the treadmill and slide the platform cushions toward the back of the treadmill. **Note: Make sure that both cushions are set at the same firmness level. The faster you run on the treadmill, or the more you weigh, the firmer the walking platform should be.**



## HOW TO USE THE UPPER BODY ARMS

As you walk on the treadmill, you can hold the handrails or use the upper body arms. To exercise your arms, shoulders, and back for a total body workout, move the upper body arms forward and back as you walk on the treadmill.

To vary the intensity of your upper body exercise, the resistance of the upper body arms can be adjusted. To increase the resistance, turn the resistance knobs clockwise; to decrease the resistance, turn the knobs counterclockwise.



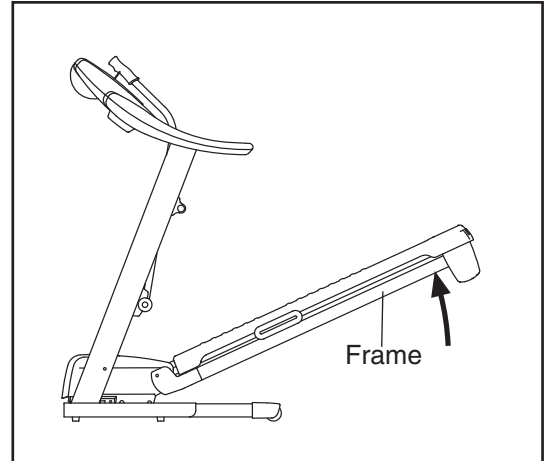


# HOW TO FOLD AND MOVE THE TREADMILL

## HOW TO FOLD THE TREADMILL FOR STORAGE

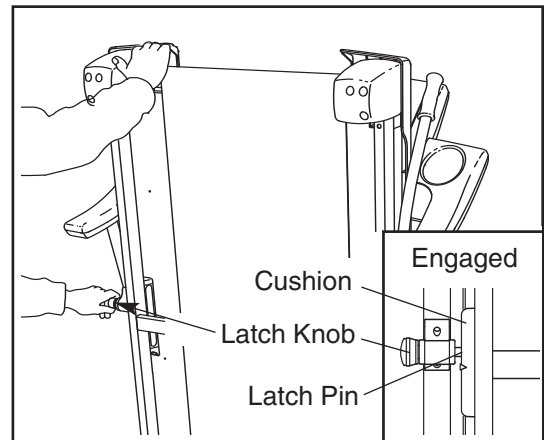
Before folding the treadmill, adjust the incline to the lowest position. If you do not do this, you may damage the treadmill when you fold it. Remove the key and unplug the power cord. **CAUTION:** You must be able to safely lift 45 lbs. (20 kg) to raise, lower, or move the treadmill.

1. Hold the metal frame firmly in the location shown by the arrow at the right. **CAUTION:** To decrease the possibility of injury, do not lift the treadmill by the plastic foot rails. Make sure to bend your legs and keep your back straight as you raise the frame. Raise the frame about halfway to the vertical position.



2. Move your right hand to the position shown and hold the treadmill firmly. Using your left hand, slide the cushion so that it is aligned with the latch pin. Pull the latch knob to the left and hold it. Slowly release the latch knob. **Make sure that the latch pin is fully inserted into the hole in the center of the cushion.**

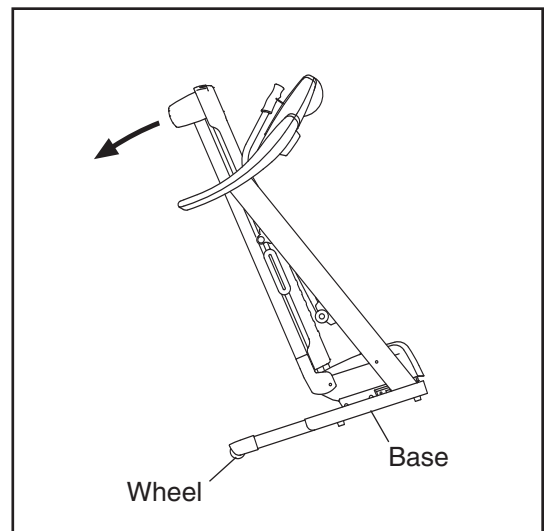
To protect the floor or carpet from damage, place a mat under the treadmill. Keep the treadmill out of direct sunlight. Do not leave the treadmill in the storage position in temperatures above 85° F (30° C).



## HOW TO MOVE THE TREADMILL

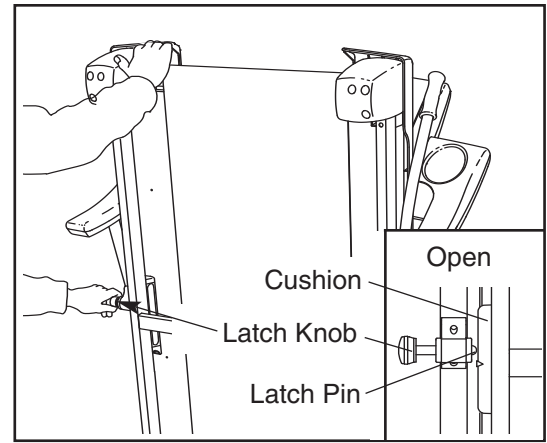
Before moving the treadmill, convert the treadmill to the storage position as described above. **Make sure that the latch pin is fully inserted into the hole in the center of the cushion.**

1. Hold the upper ends of the handrails. Place one foot against one of the wheels.
2. Tilt the treadmill back until it rolls freely on the front wheels. Carefully move the treadmill to the desired location. **To reduce the risk of injury, use extreme caution while moving the treadmill. Do not move the treadmill over an uneven surface.**
3. Place one foot against one of the wheels, and carefully lower the treadmill until it is resting in the storage position.

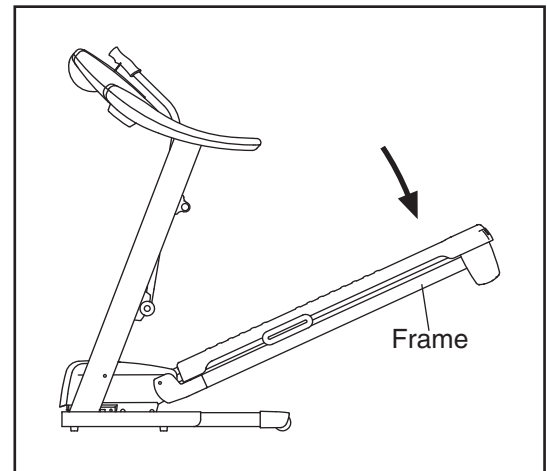


## HOW TO LOWER THE TREADMILL FOR USE

1. Hold the upper end of the treadmill with your right hand. Pull the latch knob to the left and hold it. Pivot the frame down until the cushion is past the latch pin.



2. Hold the metal frame firmly with both hands, and lower it to the floor. **CAUTION: To decrease the possibility of injury, do not lower the frame by gripping only the plastic foot rails. Do not drop the frame to the floor. Make sure to bend your legs and keep your back straight. Make sure that both cushions are set at the same firmness level.**



# TROUBLESHOOTING

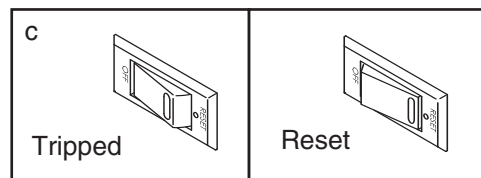
Most treadmill problems can be solved by following the steps below. Find the symptom that applies, and follow the steps listed. If further assistance is needed, please see the front cover of this manual.

**PROBLEM: The power does not turn on**

**SOLUTION:** a. Make sure that the power cord is plugged into a surge suppressor, and that the surge suppressor is plugged into a properly grounded outlet (see page 11). Use only a single-outlet surge suppressor that meets all of the specifications described on page 11. **IMPORTANT: The treadmill is not compatible with GFCI-equipped outlets.**

b. After the power cord has been plugged in, make sure that the key is inserted into the console.

c. Check the reset/off circuit breaker located on the treadmill frame near the power cord. If the switch protrudes as shown, the circuit breaker has tripped. To reset the circuit breaker, wait for five minutes, and then press the switch back in.



**PROBLEM: The power turns off during use**

**SOLUTION:** a. Check the reset/off circuit breaker (see the drawing above). If the circuit breaker has tripped, wait for five minutes and then press the switch back in.

b. Make sure that the power cord is plugged in. If the power cord is plugged in, unplug it, wait for five minutes, and then plug it back in.

c. Remove the key from the console. Reinsert the key into the console.

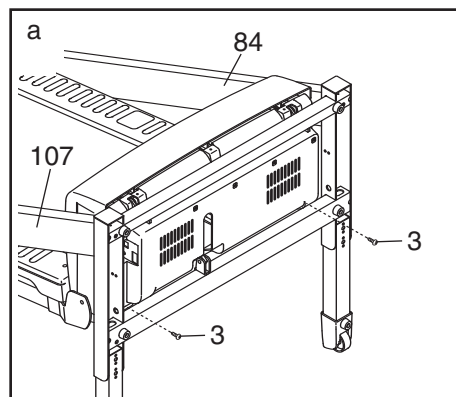
d. If the treadmill still will not run, see the front cover of this manual.

**PROBLEM: The console displays remain lit when you remove the key from the console**

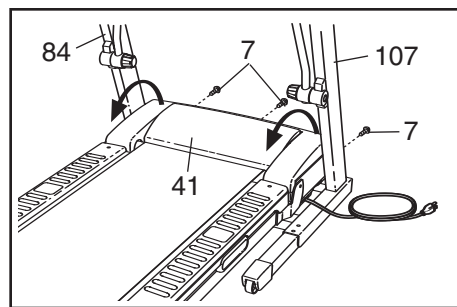
**SOLUTION:** a. The console features a display demo mode, designed to be used if the treadmill is displayed in a store. If the displays remain lit when you remove the key, the demo mode is turned on. To turn off the demo mode, hold down the Stop button for a few seconds. If the displays are still lit, see THE INFORMATION MODE on page 20 to turn off the demo mode.

**PROBLEM: The display of the console does not function properly**

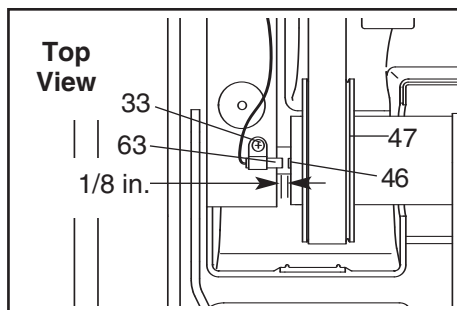
**SOLUTION:** a. Remove the key from the console and **UNPLUG THE POWER CORD**. Next, carefully lower the Uprights (84, 107). Remove the two #8 x 3/4" Screws (3). Note: A Phillips screwdriver with a shaft at least 8 in. (20 cm) long is needed.



Raise the Uprights (84, 107) to the vertical position. Remove the three #8 x 3/4" Hood Screws (7) from the Hood (41), and carefully pivot the Hood off.



Locate the Reed Switch (63) and the Magnet (46) on the left side of the Pulley (47). Turn the Pulley until the Magnet is aligned with the Reed Switch. **Make sure that the gap between the Magnet and the Reed Switch is about 1/8 in. (3 mm).** If necessary, loosen the #8 x 1/2" Screw (33), move the Reed Switch slightly, and then retighten the Screw. Reattach the Motor Hood (not shown); make sure that the #8 x 3/4" Hood Screws and the #8 x 3/4" Screws (not shown) are inserted into the same holes from which they were removed. Run the treadmill for a few minutes to check for a correct speed reading.



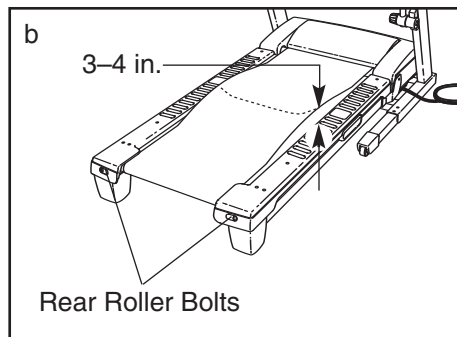
**PROBLEM: The incline of the treadmill does not change correctly**

**SOLUTION:** a. With the key in the console, press one of the Incline buttons. **While the incline is changing, remove the key.** After a few seconds, reinsert the key. The treadmill will automatically rise to the maximum incline level and then return to the minimum level. This will recalibrate the incline system.

**PROBLEM: The walking belt slows when walked on**

**SOLUTION:** a. Use only a single-outlet surge suppressor that meets all of the specifications described on page 11.

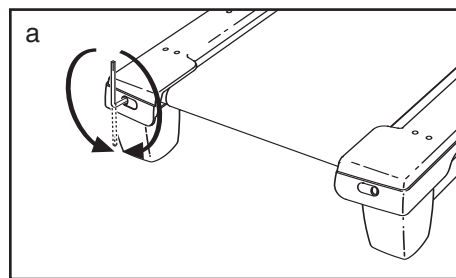
b. If the walking belt is overtightened, treadmill performance may decrease and the walking belt may become damaged. Remove the key and **UNPLUG THE POWER CORD.** Using the hex key, turn both rear roller bolts counterclockwise, 1/4 of a turn. When the walking belt is properly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



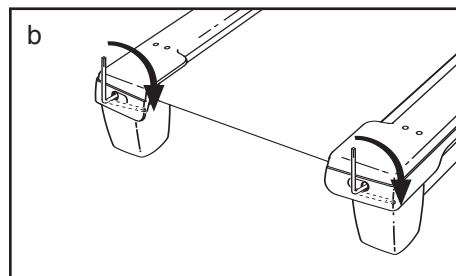
c. If the walking belt still slows when walked on, please see the front cover of this manual.

**PROBLEM: The walking belt is off-center or slips when walked on**

**SOLUTION:** a. **If the walking belt is off-center**, first remove the key and **UNPLUG THE POWER CORD**. **If the walking belt has shifted to the left**, use the hex key to turn the left rear roller bolt clockwise 1/2 of a turn; **if the walking belt has shifted to the right**, turn the left bolt counterclockwise 1/2 of a turn. Be careful not to overtighten the walking belt. Then, plug in the power cord, insert the key, and run the treadmill for a few minutes. Repeat until the walking belt is centered.

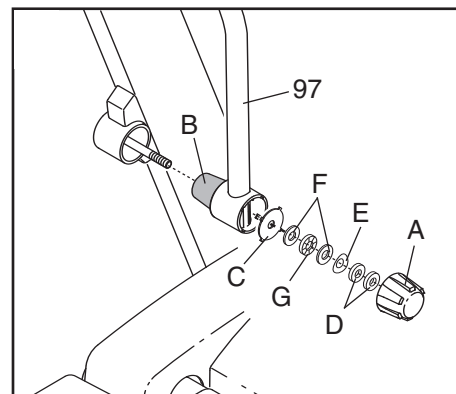


b. **If the walking belt slips when walked on**, first remove the key and **UNPLUG THE POWER CORD**. Using the hex key, turn both rear roller bolts clockwise, 1/4 of a turn. When the walking belt is correctly tightened, you should be able to lift each edge of the walking belt 3 to 4 in. (8 to 10 cm) off the walking platform. Be careful to keep the walking belt centered. Then, plug in the power cord, insert the key, and carefully walk on the treadmill for a few minutes. Repeat until the walking belt is properly tightened.



**PROBLEM: The upper body arms squeak during use**

**SOLUTION:** a. (Note: Correcting this problem requires a small amount of white marine grease, available at hardware stores.) If the Left Upper Body Arm (97) squeaks, turn the Resistance Knob (A) counterclockwise and remove it. Next, remove the Resistance Cone (B) and the Left Upper Body Arm, along with the Resistance Plate (C), Washers (D), Spring Washer (E), Thrust Washers (F), and Thrust Bearing (G). (Note: If the Resistance Plate [C] comes out of the Resistance Cone [B], press it back in.) Apply a **thin layer** of white marine grease to the outer surface of the Resistance Cone (B). Then, reattach all parts in the order shown at the right. Repeat this procedure for the Right Upper Body Arm (not shown) if necessary.



# EXERCISE GUIDELINES

**⚠ WARNING:** Before beginning any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.

The pulse sensor is not a medical device. Various factors may affect the accuracy of heart rate readings. The pulse sensor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

## EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	155	145	140	130	125	115	♥
145	138	130	125	118	110	103	♥
125	120	115	110	105	95	90	♥
<hr/>							
20	30	40	50	60	70	80	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

**Burning Fat**—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses *carbohydrate calories* for energy. Only after the first few minutes of exercise does your body begin to use stored *fat calories* for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

**Aerobic Exercise**—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

## WORKOUT GUIDELINES

**Warming up**—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

**Training Zone Exercise**—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise—never hold your breath.

**Cooling down**—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

## EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

## SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

### 1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

### 2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

### 3. Calf/Achilles Stretch

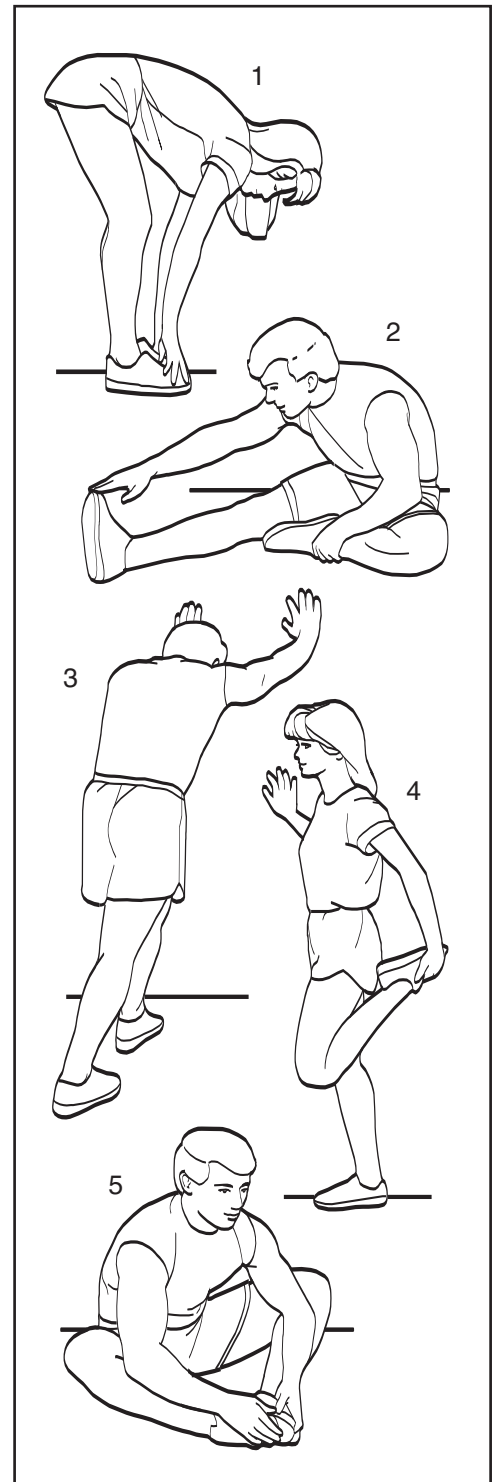
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

### 4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

### 5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.





# PART LIST—Model No. CWTL05607.1

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To locate the parts listed below, see the EXPLODED DRAWING near the end of this manual.

Key No.	Qty.	Description	Key No.	Qty.	Description
1	2	Foot Rail Decal	51	1	Rear Roller
2	6	#8 x 3/4" Tek Screw	52	1	Left Rear Endcap
3	40	#8 x 3/4" Screw	53	2	Rear Roller Bolt
4	8	#8 x 3/4" Track Screw	54	1	Right Rear Endcap
5	10	#10 x 1 1/4" Screw	55	1	Hex Key
6	2	Platform Cushion	56	2	7/16" Nut
7	4	#8 x 3/4" Hood Screw	57	1	Front Roller Ground Wire
8	4	5/16" Star Washer	58	1	Frame
9	2	5/16" x 4 1/2" Bolt	59	1	Belly Pan
10	2	5/16" x 1 1/2" Bolt	60	1	Reed Switch Clip
11	4	Belt Guide Screw	61	2	Console Ground Wire
12	2	Belt Guide	62	1	Power Cord Grommet
13	1	Left Handrail	63	1	Reed Switch
14	1	Right Handrail	64	4	5/16" x 1" Bolt
15	2	3/8" x 3/4" Bolt	65	4	5/16" x 2 1/4" Bolt
16	1	Left Foot Rail	66	1	Console Wire
17	1	Right Foot Rail	67	4	Extension Leg Nut
18	1	Motor Pivot Pin	68	2	Caution Decal
19	1	Motor Bracket	69	1	Warning Decal
20	1	Console Frame Support	70	4	5/16" Nut
21	1	Latch Pin Assembly	71	7	Cable Tie
22	2	Motor Washer	72	1	Incline Motor Pin, Lower
23	9	3/8" Star Washer	73	1	Latch Housing
24	2	1/4" Motor Bolt	74	1	Console Lens
25	2	3/8" x 1" Motor Bolt	75	1	Incline Motor Wire
26	1	Motor Belt	76	1	Access Door
27	1	Drive Motor	77	1	Upright Wire
28	2	Frame Washer	78	2	Extension Leg Endcap
29	4	"U"-nut	79	1	Key/Clip
30	2	3/8" Motor Nut	80	2	Front Wheel
31	11	7/16" x 1" Bolt	81	2	Wheel Pin
32	2	3/8" Jamnut	82	4	Base Pad
33	11	#8 x 1/2" Screw	83	6	#8 x 1" Tek Screw
34	1	Console	84	1	Left Upright
35	2	Fan Screw	85	1	Console Base
36	1	Power Cord	86	1	Incline Motor Pin, Upper
37	1	Console Fan	87	3	Hair Pin Cotter Pin
38	1	Controller	88	1	Incline Motor
39	1	Reset/Off Circuit Breaker	89	2	Extension Leg
40	1	Filter Wire	90	2	Rear Roller Bracket
41	1	Hood	91	2	1/4" Lock Washer
42	1	Front Roller Bushing	92	3	Belly Pan Clip
43	1	Lift Frame	93	4	Wire Tie
44	2	Upright Endcap	94	2	Endcap Pad
45	1	Front Roller Bolt	95	2	Roller Bracket Screw
46	1	Magnet	96	1	Lift Frame Ground Wire
47	1	Front Roller/Pulley	97	1	Left Upper Body Arm w/Grip
48	1	Walking Belt	98	1	Right Upper Body Arm w/Grip
49	1	Walking Platform	99	2	Hand Grip
50	2	1/4" Flat Washer	100	2	#10 x 3/4" Screw

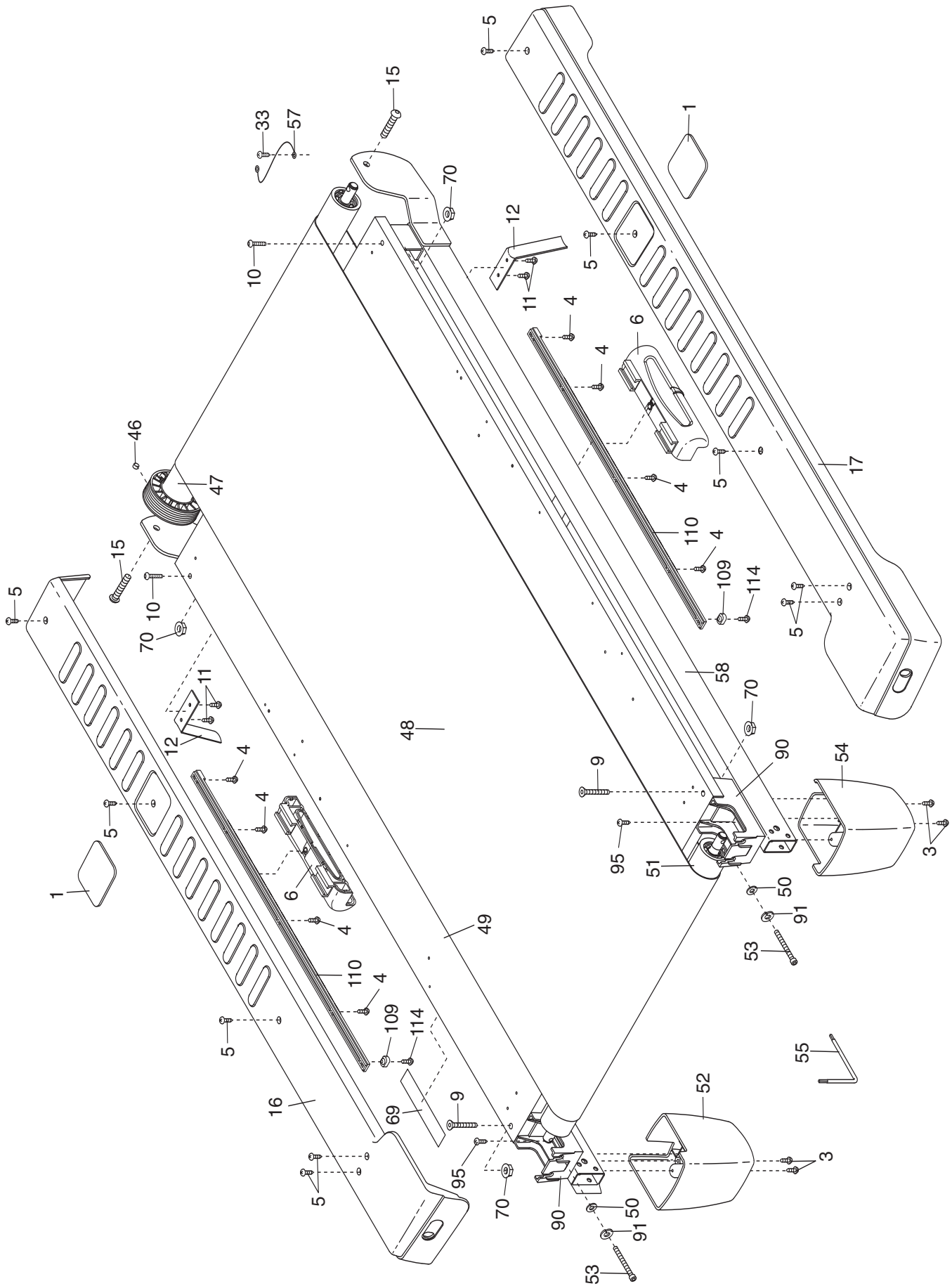
Key No.	Qty.	Description
101	2	Resistance Assembly
102	4	1/4" Flat Washer
103	4	1/4" x 4 1/2" Bolt
104	2	Upper Body Arm Insert
105	2	3/8" x 2 3/4" Bolt
106	2	3/8" x 1" Bolt
107	1	Right Upright
108	1	Base
109	2	Cushion Stop
110	2	Cushion Track
111	1	1/4" Nut
112	1	Audio Wire

Key No.	Qty.	Description
113	1	Controller Ground Wire
114	2	#8 x 1" Track Screw
*	1	14" Blue Wire, 2F
*	1	12" Blue Wire, 2F
*	1	16" Red Wire, M/F
*	1	14" Black Wire, M/F
*	1	20" Blue Wire, M/F
*	1	User's Manual

\*These parts are not illustrated.  
Specifications are subject to change without notice.

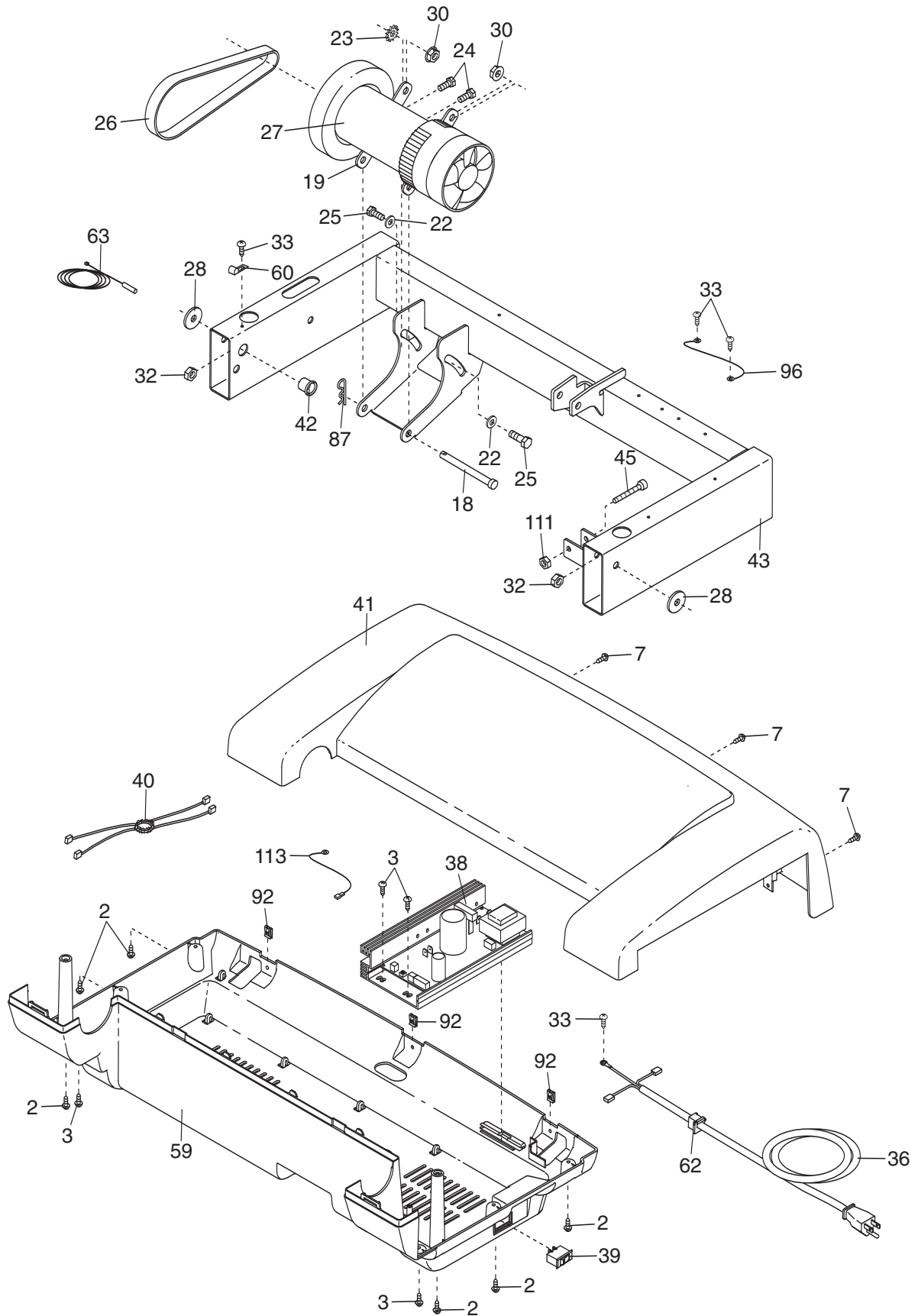
# EXPLODED DRAWING A—Model No. CWTL05607.1

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# EXPLODED DRAWING B—Model No. CWTL05607.1

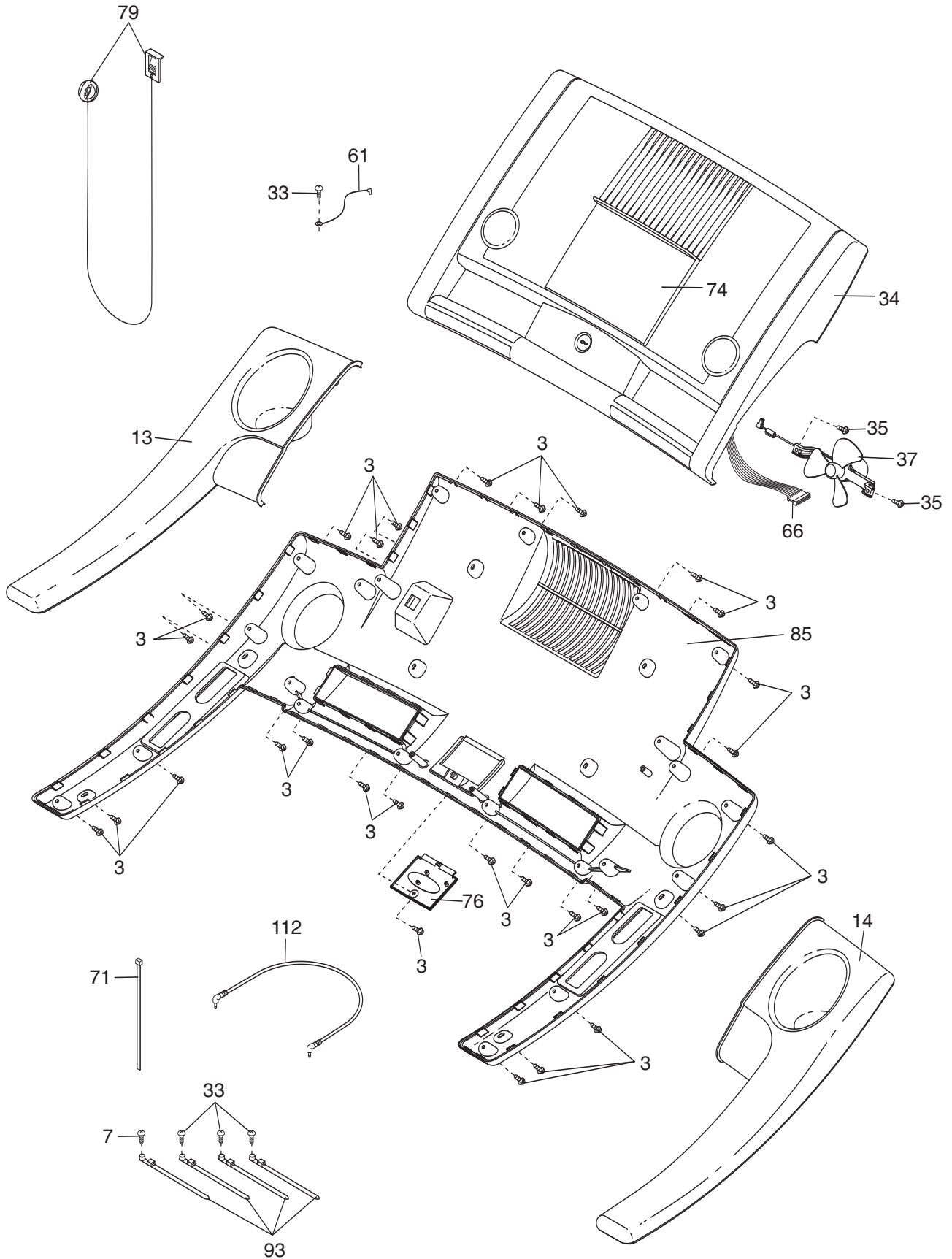
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# EXPLODED DRAWING D—Model No. CWTL05607.1

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# ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

## LIMITED WARRANTY

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material under normal use and service conditions. The frame is warranted for a lifetime. The drive motor is warranted for twenty-five (25) years after the date of purchase. Parts and labor are warranted for one (1) year after the date of purchase.

This warranty extends only to the original purchaser. ICON's obligation under this warranty is limited to replacing or repairing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be pre-authorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to any product or damage to a product caused by or attributable to freight damage, abuse, misuse, improper or abnormal usage or repairs not provided by an ICON authorized service center; products used for commercial or rental purposes; or products used as store display models. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special or consequential damages arising out of or in connection with the use or performance of the product or damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, costs of removal or installation or other consequential damages of whatsoever nature. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to you.

The warranty extended hereunder is in lieu of any and all other warranties and any implied warranties of merchantability or fitness for a particular purpose is limited in its scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to you.

This warranty gives you specific legal rights. You may also have other rights which vary from state to state.

**ICON HEALTH & FITNESS, INC., 1500 S. 1000 W., LOGAN, UT 84321-9813**